

# CANWOOD PUBLIC SCHOOL NEWS

## October 2024

Happy Thanksgiving Everyone!

September has sure passed by quickly! We had a few successful events happen. Students enjoyed the pancake breakfast and they participated in a fun balloon activity that focused on helping others. The staff and I were happy to see many familiar faces and met some new parents at our annual Meet the Staff BBQ, thank you for attending. The Terry Fox fundraiser and run was another successful event organized by Mrs. Balicki and the grade 11 and 12 students. They also had Mr. Duval and his Commercial Cooking class help with the meal. Terry Fox represented the best that Canadians have to offer. He was an example of courage, humility, determination, and perseverance. From a young age he exemplified these attributes that made him an inspiration for not only Canada, but the entire world. His legacy lives on in our school spirit and we continue to raise funds to help support this cause.

We would like to say thank you to everyone who showed their support of September 30th – National Day for Truth and Reconciliation by wearing an orange shirt. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. Our school took part in an awareness walk on the main street of Canwood.

Students and staff get your smiles ready for Picture Day on Wednesday, October 16th 😊!

We would like to continue with our Friday Nutritious Snack program. Would there be any volunteers to come to the school and bake for our snack program? Please let Lisa Howat or I know if you are interested – 306-468-2150. We are so thankful for the volunteers we had last year, we hope to recruit them again and add to our list 😊!

Principal - Mrs. Sylvia Delisle

*Hello everyone, I'm Stacey Tetreault, the new school mentor at Canwood Public School. It's been a wonderful first month getting to know the students, staff, and families in our community. I'm excited to continue building these connections and providing support to both students and their families. You can find me at the school every Wednesday, Thursday, and every other Friday. I look forward to what's ahead and am here to help in any way I can.*

**October 10th is Mental Health Day, a reminder for us all to prioritize our mental well-being. It's important to recognize that mental health affects everyone, whether or not we've personally experienced mental health challenges. We all have a role to play in taking care of our own mental health and supporting others in their journeys as well. Let's encourage one another and foster a supportive environment for everyone.**

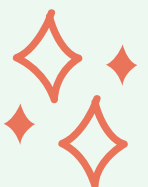


## Honouring World Mental Health Month

"On World Mental Health Day let us remember to honour and care for ourselves, family and community. Remember to keep well."



- Eat regularly and nutritiously
- Have a good sleep routine
- Positive self-talk/reassurance
- Exercise
- Make time for yourself a priority
- Reward theory (have something to look forward to)
- Meditation/mindfulness practices
- Relaxation techniques (breathing, muscle tensing/relaxing)
- Yoga
- Have support persons easily accessible



# Terry Fox Run & Lunch

Thank you to everyone who made our annual Terry Fox fundraiser a success! A special thanks to the Grade 11/12 class who organized the event. We are so grateful to our sponsors: Canadian Prairie Bison, Parkland Meats, Canwood Co-op, Canwood Co-op Agro, Cargill, Woodland Pharmacy, and Canwood School SLC.

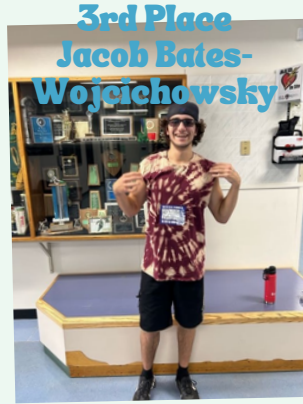
We raised a total of \$3737.80 for the Terry Fox Foundation!  
Mrs. Vanessa Balicki



**1st Place**  
**Kovie Nordquist**



**2nd Place**  
**Nicholaus Bowman**



**3rd Place**  
**Jacob Bates-Wojcichowsky**



**4th Place**  
**Tye Vaughan**



**5th Place**  
**Jacklyn Sten**



## Awareness Walk



## September...



## Thank You

Thank you to Gail Westgard for her donation of cucumbers for our students' Friday snack!

## Community Events

Canwood Craft Sale November 9th, 10 a.m. to 3 p.m.. \$25 to book a table. Call or text Dyan Nordquist 306-714-0000. Sponsored by the Canwood Youth Travel Club.

Canwood Public Library has new hours. Tuesdays 9:30 a.m. to 4 p.m. and Fridays 10:30 a.m. to 5 p.m.. Kids Club on Fridays after school.



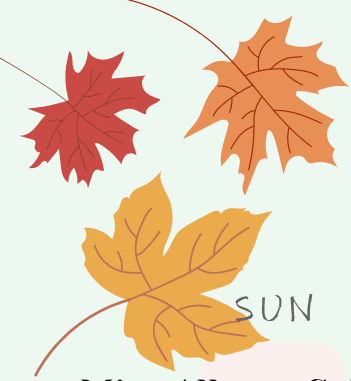
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2024

# October



**Miss Allyssa Salmond,  
School Social Worker,  
will be at Canwood  
School on Tuesdays  
October 1, 8, 15, 22 & 29**

| SUN                                    | MON      | TUE | WED   | THU  | FRI                  | SAT   |
|--|----------|-----|---|--|----------------------|---|
|  |          | 1   | 2   | 3  | 4                    | 5   |
|  |          |     | PreK & K  |  |                      |   |
| 6                                      | 7        | 8   | 9   | 10   | 11                   | 12  |
|  | PreK & K |     | PreK & K  | World<br>Mental<br>Health<br>Day   | PLC<br>No<br>Classes |   |
| 13                                     | 14       | 15  | 16  | 17   | 18                   | 19  |
| Happy<br>Thanksgiving<br>No<br>Classes |          |     | Picture<br>Day<br><br>PreK & K |  |                      | K   |
| 20                                     | 21       | 22  | 23  | 24   | 25                   | 26  |
|  | PreK & K |     | PreK & K  |  |                      |   |
| 27                                     | 28       | 29  | 30  | 31   |                      |   |
|  | PreK & K |     | PreK & K  | Happy<br>Halloween<br> |                      |  |